

LEGEND:

Breast Feeding Basics Class: BJACH - CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call (337) 531-3705/3708.

Breathing and Relaxation Class: For Labor and Delivery. BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call (337) 531-3705/3708

Diabetes Education Class for all diabetics. BJACH CR 1, 1st floor. Registration call (337) 531-6880/3255.

Car Seat Safety Checks: Inspection and installation of child/infant safety seats. BLDG 3516 (behind Red Roof Inn) Preventive Medicine. Call for an appointment: (337) 531-3776/6880.

Labor and Delivery (L&D) Class: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Call 531-3705/3708

Newborn Care: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705/3708.

Pregnancy Postpartum Physical Training (PPPT) education: BCTC THEATER ROOM. Enrollment call (337) 531-4926.

Self Care/Over the Counter

Medication Class: OTC meds without the cost. BLDG 3516 (behind red roof) Preventive Medicine (337) 531-6880/3255. On-line class www.polk.amedd.army.mil

TOBACCO CESSATION program. Ft Polk Education Center, Bldg. 660, room 201. Call (337) 531-6880

Weight Management For Active Duty (ARMY MOVE!): BJACH 1st floor CR1. Registration call (337) 531-3129.

Weight2GeauxWeight Management Class (W2G) open to all beneficiaries. BJACH CR 1. Info call (337) 531-3255/3129. (Requests for weight loss medication will require a referral by primary care physician)

August 2015

Mon	Tue	Wed	Thu	Fri	Sat
					1
3 Tobacco Cessation 1130-1300 Army Move! 0900	4 	5 	6 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment only)	7	8 Performance Triad Fair @ Back to School Bash 1000-1400 Ft Polk Library
10 Army Move! 0900	11	12 Labor & Delivery Class 0900-1100 Performance Triad Health Awareness 1000-1300 @BJACH	13 Diabetes 0800-1200 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment only)	14 	15
17 Army Move! 0900	18	19 Breastfeeding 0900-1100 SC/OTC Medication 1000-1100	20 W2G 1200-1500 PPPT Education 0815 Super Sign -up Warrior Community Center 1000-1400 Car Seat Check 1000-1400 (by appointment only)	21 	22 A Winning Goal - For Life!
24 Army Move! 0900	25	26 Breathing & Relaxation (L&D) 0900-1100 Performance Triad Health Awareness 1000-1300 @BJACH	27 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment only)	28	29
31 Army Move! 0900					

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Newborn Care: BJACH CR #2 on the 2nd floor by the ER. LDRP tour to follow. Registration Call 531-3705 OR 531-37408.

Pregnancy Postpartum Physical Training (PPPT) Education: BCTC THEATER ROOM. Enrollment call 531-4926.

Self Care/Over the Counter (SC/OTC) Medication class: request OTC meds without Cost. BLDG 3516 (behind red roof) Preventive Medicine (337) 531-6880/531-3255. OR on-line @ www.polk.amedd.army.mil

TOBACCO CESSATION program. Ft Polk Education Center, Bldg 660, room 201. Registration call (337) 531-6880/531-3255

Weight Management For ACTIVE DUTY (ARMY MOVE!): BJACH 1st floor classroom. For registration call 531-3129.

Weight Management Class (Weigh2Geaux): OPEN TO ALL BENEFICIARIES. BJACH 1st floor, Classroom 1. Info call (337) 531-3255 or 531-3129. (Requests for weight loss medication will require a referral by primary care physician)

September 2015

Mon	Tue	Wed	Thu	Fri	Sat
		2 Newborn Care 0900-1100	3 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment only)	4	5
7 LABOR DAY 	8 Tobacco Cessation 1130-1300	9 Performance Triad Health Awareness 1000-1300 @BJACH	10 Diabetes Class 0800-1200 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment only) Labor and Delivery 1300-1500	11 	12
14 Army Move! 0900	15	16 Breastfeeding 0900-1100 SC/OTC Medication 1000-1100	17 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment only) W2G 1200-1500	18	19
21 Army Move! 0900	22	23 Performance Triad Health Awareness 1000-1300 @PX Breathing & Relaxation (Labor) 1300-1500	24 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment only)	25	26
28 Army Move! 0900	29	30			

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TOBACCO CESSATION program. Ft Polk Education Center, Bldg. 660, room 201. Registration call (337) 531-6880/531-3255

Weight Management For ACTIVE DUTY (ARMY MOVE!): BJACH 1st floor classroom. For registration call 531-3129.

Weight Management (Weigh2Geaux): OPEN TO ALL BENEFICIARIES. BJACH 1st floor, Classroom 1. Info call (337) 531-3255 or 531-3129.
(Requests for weight loss medication will require a referral by primary care physician)

October 2015



Mon	Tue	Wed	Thu	Fri	Sat
			1 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment) only Newborn Care Class 1300-1500	2	3
5 Army Move! 0900 Tobacco Cessation 1130-1300	6	7 Performance Triad Health Awareness 1000-1300 BJACH Labor & Delivery Class 1300-1500	8 Diabetes Class 0800-1200 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment) only	9 Training Holiday	10
12 	13	14 "Warrior Pink" Fight Back Breast Cancer Survivor Luncheon 1130-1300 Warrior Community Center "Pink Out" Day LET'S PINK THIS PLACE OUT	15 Weigh2Geaux 1200-1500 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment) only Breastfeeding Basics 1000-1200	16	17
19 Army Move! 0900	20	21 Performance Triad Health Awareness 1000-1300 Main PX SC/OTC Med Class 1000-1100 Breathing & Relaxation (Labor) 1300-1500	22 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment) only	23	24 Retiree Appreciation Day
26 Army Move! 0900	27	28	29 PPPT Education 0815 Car Seat Check 1000-1400 (by appointment) only	30	31

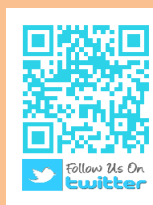
Happy National Physical Therapy Month

BJACH

HEALTH PROMOTION

BLDG 3516 - BEHIND THE "RED ROOF INN"

(337) 531-6880



QUIT TOBACCO.

make everyone proud

CLASSES OFFERED EACH MONTH IN TWO WAYS

- You may participate in the program with a group of your peers
- You may also complete a structured on-line program.

Either program may be brought to your work or unit upon around your mission demands

Medications Available:

Zyban (Wellbutrin)
Nicotine patches

3 AUGUST

8 SEPTEMBER

5 OCTOBER

2 NOVEMBER

EDUCATION CENTER
CLASSROOM #201

Are you paying for over the counter medications?

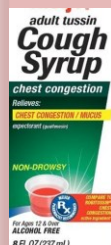
WHY PAY??

Get them at BJACH Pharmacy for FREE

Log onto the BJACH webpage @

www.polk.amedd.army.mil

click on "Self Care/OTC Medication" Follow the instructions on the slides and bring passing results to the Pharmacy window to obtain credit for the class or call (337) 531-6880



CHILD CARSEAT PASSENGER SAFETY CHECKS

Every Thursday from 1000-1400

Building # 3516 behind the "Red Roof Inn"

CALL TO SCHEDULE AN APPOINTMENT

(337) 531-3776



IS YOUR CHILD IN THE RIGHT CAR SEAT?



SAFERCAR.GOV/THERIGHTSEAT



Child Car Safety